

## Maquoketa Valley Electric Cooperative

# WATTS *Current*

For Our Customers • October 2004

## MVEC HOLDS 67TH ANNUAL MEETING

Members and guests found their way to the Palace Ballroom in Farley on September 9 to attend their Cooperative's annual meeting. Those in attendance enjoyed a delicious roast pork meal in the beautiful ballroom, cast their ballot for directors and visited with Cooperative members, staff and vendors in the display area.



This was the first time the Annual Meeting has been held outside of Jones County and the attendance was as strong as ever. We even noticed a few new faces in the crowd assuring us our members do have an interest in the business they own.

President Bruce Reade, Center Junction, conducted the meeting, with the Cooperative's attorney, Mike Joynt, facilitating the election process. Treasurer, Burton Romer gave a financial report. CEO Jim Lauzon presented the Executive Message which focused on technology upgrades the Cooperative continues to make, the improvements in service reliability and the many community involvement activities the Cooperative participated in during the past year.



Richard (Dick) Bishop, Manchester, was re-elected to the Board and two new directors were each elected to a three-year term. Tom Stewart, Preston was elected to replace D. Burton Romer who chose to retire from the Board after serving 24 years. Ron Thielen, Bellevue, defeated incumbent director, Alan Manternach, as a director representing Dubuque County and portions of Clayton County.

From top to bottom:  
Tom Stewart and Ron  
Thielen

Following the meeting, the Board of Directors held an organizational meeting electing the following directors for these positions:

- President, Bruce Reade
- Vice President, Larry Swanson
- Secretary, Eldon Busch
- Treasurer, Judy Gotto
- Assistant Secretary, Charles McCullough

### *Watts Inside:*

- Meter Reading by VanWert, Inc. Page 2
- Is Your Child Home-Schooled? Page 2
- All Electric Home Open House Page 2
- Annual Meeting Prize Winners Page 3
- Watts the Answer Page 3
- Swiss Valley Nature Center Open House Page 3
- FORR-D ACRES-Spreading Joy with Horses Page 4
- Everyday Wellness at Work Page 6
- RECare Page 7
- Heating Assistance Applications Page 7



**Maquoketa Valley Electric Cooperative**

*Our Energy Working For*

## METER READING BY VANWERT, INC.

The Iowa Utilities Board requires MVEC to periodically read every meter within our system. VanWert, Inc. is a meter reading service company that has been hired by Maquoketa Valley Electric Cooperative to read all of our meters over the next 12 months. VanWert, Inc. employees will drive vehicles with the VanWert sign and logo on them (see photo). They will also carry photo identification as proof they are employed by VanWert. If you notice these people reading your meter, please be assured they are only doing their job as requested by your Cooperative. Your membership with the Cooperative gives us, or our contractors, the right to enter your property in an effort to provide you with the best service. VanWert, Inc. employees will not be reading meters that are normally read by MVEC staff each month, including large power accounts and certain mobile home parks.



Van Wert Inc.  
P.O. Box 161  
Grandy Center, IA  
319-825-3847  
800-348-3362  
319-825-3345 (Fax)  
vaw@vanwertinc.com

As a reminder, you are still required to send in your monthly meter reading just as you have in the past. We cannot guarantee which month VanWert may read your meter so it is important you continue your normal meter reading process for accurate billing. If a meter reading is not received by the 28<sup>th</sup> day of each month, the account will be estimated.

## IS YOUR CHILD HOME-SCHOOLED?



Maquoketa Valley Electric Cooperative became a provider of a new educational initiative sponsored by Touchstone Energy Cooperative's and Discovery Channel School. *Get Charged!* provides basic information for 5-9 grade students about electricity, how it works and how to use it. The *Get Charged!* program provides a variety of educational tools including videos, a CD-Rom, a resource guide and student activity books, all at no charge, to augment the existing science program.

In support of its ongoing commitment to community service, MVEC launched the *Get Charged!* program to give students a real-world understanding of power, the purpose of electricity and the important role electric cooperatives play in delivering the 'juice' that runs their everyday lives. "We are delighted to provide these materials to area students", said Jim Lauzon, MVEC's CEO. "This program is the latest in our ongoing school safety initiatives."

*Get Charged!* kits have been delivered to area schools and one kit remains at the Cooperative for check-out and use among students who are home-schooled. If you would like to reserve the kit for your use, please contact Patty at 1-800-927-6068 or pmanuel@mvec.com.





Energy Working For You!

Your Touchstone Energy® Cooperative



## ANNUAL MEETING PRIZE WINNERS

Wm. Britt, Earlville	Electric Grill
William J. Thomsen, Manchester	Electric Grill
James Daly, Epworth	Electric Grill
Edith Comley, Ryan	\$100
Leroy F. Wood, Anamosa	\$100
Donald Biermann, Peosta	\$100
Ralph Lux, Center Junction	\$100
Norma Maiers, Manchester	\$100
Valeria C. Petersen, Bernard	\$100
Dick Rolwes, Sherrill	\$100
Frank Naber, Dyersville	\$50
Lawrence C. Berendes, St. Donatus	\$50
Gerald Arensdorf, LaMotte	\$50
Leo Wagner, Dubuque	\$50
Dale Clemen, Holy Cross	\$50
Janann Ambrosy, Sherrill	\$50
Larry N. Kilburg, Bellevue	\$50
C. J. Lamey, Bernard	\$50
Walter Kramer, Worthington	\$50
Gerald Gudenkauf, Manchester	\$50
Rose Oswald, Monticello	\$50
Janice Conrad, Manchester	\$50
Verna Mae Johannes, Monticello	\$50
Donald O. Scheibe, Maquoketa	\$50
Raymond Finn, Cascade	\$50

### WATTS THE ANSWER?

How many horses does Forrest Miller currently have? \_\_\_\_\_

Who is the President of Maquoketa Valley Electric Cooperative? \_\_\_\_\_

How many members do co-ops average per mile of line? \_\_\_\_\_

Mail your answers in with your energy bill or email them to pmanuel@mvec.com

Two winners will each receive a \$10.00 credit on their energy bill.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

September Winners:

Paul Petersen, Manchester  
William/Rita Trentz, Dubuque

## SWISS VALLEY NATURE CENTER HOSTS OPEN HOUSE



The Swiss Valley Nature Center, 13606 Swiss Valley Road, Peosta, will host an open house on Saturday, October 16, from 1:00 p.m to 4:00 p.m. to showcase their recently completed 10,000 square foot addition featuring a 37 ton geothermal heating/cooling system. The addition includes an interactive energy efficient miniature house sponsored by Maquoketa Valley Electric Cooperative. Conceptual drawings will be available for other displays that are being developed. Make plans to stop and see the progress to date and get a tour of the energy efficient miniature house.





## **FORR-D ACRES – SPREADING JOY WITH HORSES**

*Grace Zimmerman, Anamosa*

The topic sounds unusual but if you visit with Forrest Miller of rural Monmouth, Iowa, his love of horses is evident by the lilt in his voice when he speaks of them. Memories abound aided by the photo albums, which depict his ‘horsey’ activities. This is one way which Forrest can reminisce of happier days before his beloved Dixie suffered a stroke and became a patient in extended care at the Jackson County Public Hospital in Maquoketa.

Forrest is typical of the generation, which grew up in the thirties and forties, who, like Forrest, should write a book of his life, the good times intermingled with the hard times.

As a youth, Forrest worked for his brother-in-law and sister with a salary of \$100 a month, plus room and board. But, there was many a time, the salary was just not available because of the low farm prices. He rode a horse to school 4.5 miles, as did three other students. Forrest graduated from Monmouth High School. “That’s probably where my love of horses started,” relates Forrest.

“When I was introduced to Dixie, whose folks were George and Evelyn Butt, who had returned to Monmouth to run the Clover Farm

Grocery Store, I asked her for a date. We went to the movies in Monmouth. Of course, I had no car and borrowed one for the occasion. We married on January 9, 1949. We started out with \$225. The house had no plumbin’, no nothin’. I think I know the hard knocks of life. We lived down the road from here for 17 years and then we bought this 40 acres. We rented farm ground, did custom work, milked 12 cows by hand, fed cattle and raised hogs. My hardest job was bagging corn in a building in Hurstville, which had a Warm Morning heating stove but the temperature was below zero. The hours were from 12 midnight to 7 a.m. and I got a check for \$29.99 for a week’s work.”

Forrest also referred to life in the “nasty 80’s” when interest rates hit 19%. It was plain bankers were not his favorite people as he tried to cope with borrowed money. That could become another whole story, which could be shared so that people would realize the problems of the farmers during that decade.

Since Forrest’s second love is horses, it was natural for me to inquire as to how and when his horse business developed. “In the 70’s, I went to a Hazleton consignment sale with another guy. I bid on a pair of colts, which sold



cheap at \$275 a piece. I also bid on a red team but another guy outbid me. When we returned the next day to pick up the colts, the red team was still there. It turned out the guy who bid on them didn’t have the money to pay for them. So I ended up with four horses. One of the first things I did was to get a bobsled and we went to Monmouth caroling with a group. It was so cold that when we stopped, the sled froze down,” he added.

“Now we get to do a lot of things. This year, for example, we went, again, to the 28<sup>th</sup> Annual Miles Thresher Days. One of the interesting things was five teams on horsepower going around the threshing machine providing power to thresh the oats,” continued Forrest. When that



unbelievable look came on my face, he said it was just like the tractor providing power with belt and pulley. "There were driver contests, obstacle courses, plowing and disking contests. There were 10 or 12 teams competing. I had 7 horses down there. There was a pulling contest, like a tractor pull, but using horses. I don't want to brag, but the first time I entered a pulling contest I won first place against a lot of teams from Illinois. That got me enthused!" added Forrest.

"I do lots of different things. I did two weddings at Stone City for the Holzinger family, driving the wedding party to the Lawrence Center in Anamosa. One of the bridesmaids, a jockey from Ohio, went out and got right between the two horses and hugged them. They sent me pictures. The people really enjoyed it. Events like those are typical of the good moments.

I go to the Maquoketa Nursing Home. The residents line up to get their turn. It includes wheelchair patients where we lay down planks and wheel them right up into the FORR-D ACRES wagon. We drive for about two miles. Those are the days I get the most enjoyment out of providing the rides.

I've had lots of good experiences. Wyoming Christmas City is my big thing. This will be the 14th year. Last year we hauled 640 people with three teams in four hours. It all got started when Dave and

Marlys Bechtum asked me to bring a team. The first time was really awesome. It was a foggy night and the snow came down from above; picture perfect. It really kicked it off. I look forward to the Christmas City. It's a climax to end the year.

I've just about done it all. My friend and I put on two Draft Horse Shows at the Jackson County Fair. There were 101 horses there. They said it couldn't be done, but we did it! We've had pony wagon trains, horse and cutter rides and lots of

experience and learning was good for me."

At present, Forrest has 21 horses on the farm, seven Belgian and 14 Percheron. There's an extra twinkle in his eye as he looks back at the pictures, the notes of thanks and the words of encouragement, which he hears in the parades, etc.--"your horses are beautiful".

Now, don't you agree that a book should be written? For today's youth, it's a different time and era, for those of us who lived during the same period, it's memories and nostalgia and what a record for future generations! Maybe the two Miller daughters, Carmen and Kathy, along with the five grandsons and three great-granddaughters can make this one of their goals.



Above: Rhonda Collins, Ohio

family reunions here on the farm. It's been Dixie's side of the family with over 100 attending with lots of good times and good horses." And Forrest has the photos in the scrapbooks to bring back the precious memories.

The name on the wagon, FORR-D ACRES is explained to me. FORR is for Forrest's name and the D is for Dixie. "I like to do all the stuff, like wagon rides at Edinburgh where I participate in the threshing and stuff because I did it as a kid. I never got to be a kid. I always had to work. I don't regret it. The





## WATTS HEALTHY

*Susan Uthoff, ISU Extension Nutrition & Health Specialist*

### Everyday Wellness at Work

Think for just a minute about your typical workday. For many Americans, work means hours of sitting, lots of stress, rushed or skipped meals, and plenty of high-fat, high-sugar snacks and drinks.

Fitting fitness and nutrition into your workday can make a big difference in your performance, attitude, and health. With a few simple steps, you'll eat smarter and move more wherever you work. Introduce a few of these ideas into your workplace and you'll be very popular with your co-workers.

Breakfast is a great place to start. Eating breakfast, especially one with long-lasting protein, can boost morning brainpower and help you resist the temptations of all those donuts and mega-muffins. If you don't have time to eat breakfast at home, skip the drive-thru and enjoy a smart "desk-fast." Breakfast at work can be as simple as a deli beef and cheese roll-up. Keep sliced lean beef and cheese in the office fridge and just roll a couple of slices together. Other tasty, quick choices include a peanut butter sandwich on whole wheat or a carton of low-fat yogurt with a piece of fruit.

Want to make a dramatic improvement in office lunches? Add a small counter-top, indoor grill to your office kitchen or lounge - and you can make a

delicious work lunch in 10 minutes or less. While your lean beefsteak or burger is grilling, you can steam fresh or frozen vegetables in the microwave. Leftovers and salad-in-the-bag are another perfect lunchtime combo. Start with your favorite salad mixture. Top the leafy greens with leftover taco meat, sliced steak, or pieces of grilled chicken or fish.

It's easy to introduce power calories into an office candy jar or snack box. Think beef jerky, nuts, trail mix, or fresh, dried, and single-serving canned fruit.

When you're aiming for a healthy weight, physical activity is a must. Fortunately there are many fun, easy ways to fit fitness into a workday. One of the simplest is to replace a coffee break with a 10-minute walk. Even a short walk will burn calories, relieve stress, and enhance memory.

1. Wear a pedometer at work: Since every step counts, wearing a pedometer is wonderful motivator to walk more during your workday.

2. Walk around the office: There's no need to sit still while you talk on the phone - or think. Pacing and fidgeting are physical activity.

3. Walk up (and down) stairs: If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.

4. Walk around the block: Got a coffee break? Got a few free minutes? Take a walk outside - get some fresh air (and extra steps).

5. Walk and talk: Need to discuss something with a co-worker? A walking meeting can be more productive - and healthier too!

6. Take a weight break: Feeling tired and bogged down? Take 5-10 minutes to lift your hand weights and get your blood flowing.

7. Work your abs: You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles, and release. Repeat.

8. Stretch your arms and legs: Stuck at your desk? Use a resistance band for a 5-10 minute stretch. Your mind and body will be more flexible.

There are some serious benefits to increasing your physical activity at work. Even brief bursts of activity, like a 10-minute walk, can improve your concentration, creativity, and performance. If your employer has a worksite wellness program, take advantage of fitness classes and activities. If not, create your own fitness program with four simple pieces of equipment: a comfortable pair of shoes, a pedometer, a set of light hand weights, and a resistance band.



Energy Working For You!

Your Touchstone Energy® Cooperative



# HEATING ASSISTANCE APPLICATIONS

Beginning Friday, October 1, 2004 local community action agencies will begin taking applications for the Low Income Home Energy Assistance Program for elderly (60+) and disabled households. All other income qualified households can start applying on Monday, November 1, 2004. The last day to apply is April 15, 2005.

Applicants will need to furnish a Social Security number, a copy of their heat and electric bills and proof of all household income for the last three months or for the most recent calendar year.

The Energy Assistance Program is not designed to pay a household's total energy cost. The program will provide supplemental assistance based on several factors including total household income, household size, dwelling type and type of heating fuel.

**Assistance is dependent upon Federal Funding!**

Eligibility for program participation is established according to the following income guidelines:

**Income Maximums**

Household Size	Three Month Gross Income	Annual Gross Income
1	\$3,491.00	\$13,965.00
2	\$4,684.00	\$18,735.00
3	\$5,876.00	\$23,505.00
4	\$7,069.00	\$28,275.00
5	\$8,261.00	\$33,045.00
For each additional member add:	\$1,193.00	\$ 4,770.00

In addition, this year, those households that are found to be over the qualifying income guidelines may become eligible by deducting non-reimbursable medical expenses.

**Apply at your local agency:**

- Hawkeye Area Community Action Corporation**  
 HACAP Central Office 800-332-5289  
 Jones County: Anamosa 319-462-4343  
 Monticello 319-465-5984  
 Linn County: Hiawatha 319-393-7811
- Iowa East Central T.R.A.I.N.**  
 Cedar County: Tipton 563-886-3191  
 Clinton County: Clinton 563-243-5220  
 DeWitt 563-659-8492
- Northeast Iowa Community Action Corporation**  
 Clayton County: Decorah 563-382-9608
- Operation New View**  
 Dubuque County: Dubuque 563-556-5130  
 Delaware County: Manchester 563-927-4629  
 Jackson County: Maquoketa 563-652-5197
- Operation Threshold**  
 Buchanan County: Independence 319-334-6081

**RE**

**Care**

*Maquoketa Valley Electric Cooperative*  
109 North Huber Street  
Anamosa, Iowa 52205

OBJECTIVE: "RECare" is a voluntary energy assistance program established to help low income families weatherize and heat their homes. Funds collected are distributed by a local community action agency. The money does stay in the area; it is a program of members helping members!

One Time Pledge \$ \_\_\_\_\_

Payable to: Maquoketa Valley Electric Cooperative

Monthly Pledge:  
\$1.00 \_\_\_\_\_ \$2.00 \_\_\_\_\_

\$3.00 \_\_\_\_\_ \$5.00 \_\_\_\_\_

Other \$ \_\_\_\_\_

I hereby authorize the Cooperative to add this amount to my monthly electric bill. I understand I can cancel my monthly pledge at any time by notifying the Cooperative in writing.

Account Number \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

Return this form with your energy payment and meter reading.





*Visit our Web Site*

at [www.mvec.coop](http://www.mvec.coop) or  
Email direct to the following departments:

- Billing questions: [billing@mvec.com](mailto:billing@mvec.com)
- Product or service questions: [memberservice@mvec.com](mailto:memberservice@mvec.com)
- Maintenance issues: [maintenance@mvec.com](mailto:maintenance@mvec.com)



 Maquoketa Valley  
Electric Cooperative  
109 North Huber St.  
Anamosa, Iowa 52205-0370

*Watts Current...*

...is published monthly for the members of  
Maquoketa Valley Electric Cooperative.  
109 North Huber Street  
Anamosa, Iowa 52205  
319-462-3541 or 800-927-6068  
**OFFICE HOURS**  
Monday thru Friday  
7:30 a.m. to 4:00 p.m.

Web Site: [www.mvec.coop](http://www.mvec.coop)  
e-mail: [mvec@mvec.com](mailto:mvec@mvec.com)

*After Hours Call Center*  
800-582-8998

After hours you may also call the service person  
in your area to report outages or trouble on the  
line.

- Anamosa, Dallas Paustian.....319-462-4848
- Cascade, Pete Boffeli .....563-852-3180
- Dubuque, Rick Olsem.....563-582-3668
- Farley, Jim Lehman.....563-744-3005
- LaMotte, Vernon Konrardy.....563-773-2309
- Manchester, Dan Petersen.....563-927-6491
- Maquoketa, Jerry Streeper.....563-652-5014

PRSRST STD  
U.S. POSTAGE  
PAID  
Cedar Rapids, IA  
Permit 174